the

SELF-CONTRACT

WORKSHEET



a worksheet from

Nurturing Strengths

Wellbeing & Empowerment Coaching



the

SELF-CONTRACT

WORKSHEET

A self-contract is a gentle yet powerful promise you make to yourself. It turns good intentions into clear commitments — increasing the chance that you will follow through on the goals and habits that matter most to you.

This is your space to design a commitment you can feel proud of.

Take your time. Be honest. Be kind to yourself. You are worthy of the goals you set.

a worksheet from

Nurturing Strengths

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A self-contract is a powerful accountability tool that increases the likelihood of accomplishing a goal or following through on changing a habit. Use the guidance below to create a contract that feels both kind and strong.

CHECKLIST FOR A BULLET-PROOF SELF-CONTRACT

- **Focus on one goal**
  Choose a single, meaningful goal so your energy stays clear and directed.
- **Map the steps**
  Write the specific actions you will take and when you will take them.
- **Set a near deadline**
  A deadline in the near future keeps motivation high and progress visible.
- **Keep the language formal**
  Treat this contract with respect — formal wording helps you take it seriously.
- **Define a reward (and optional consequence)**
  Celebrate success. Optionally decide what happens if you break the agreement.
- **Print, sign & date it**
  Signing with your name, date and time makes the commitment real.

ACCELERATE YOUR ACCOUNTABILITY

- Write down potential excuses and challenges in advance — then plan how you will handle them.
- Keep your signed contract somewhere you will see it every day.
- Invite a mentor, friend or coach to co-sign — shared accountability is powerful.
- If you want extra commitment: share your contract publicly and declare your intention.

You already have everything you need. This contract simply helps you use it.

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START DATE: _____ FINISH DATE: _____

MY GOAL

Write one clear, meaningful goal. Make it specific enough that you will know when you have achieved it.

ACTIONS I WILL TAKE · AND WHEN

List the concrete steps. Include how often or by when you will do each one.

Action I will take	When / how often

TARGET BEHAVIOURS I WANT TO CHANGE

Name the old habit or reaction. Then write the healthier alternative you will choose instead.

Target behaviour	What I will do instead

POTENTIAL EXCUSES & CHALLENGES · AND HOW I WILL HANDLE THEM

Anticipate what might get in the way. Planning your response in advance makes you stronger when the moment comes.

Potential excuse / challenge	How I will handle it

MY WHY

Why does this matter to you? Write from the heart — your deepest reasons will carry you when motivation dips.

MY REWARD

How will you celebrate success?

IF I BREAK THE CONTRACT

Optional — what will you do differently?

I, _____, agree to work toward my goal and to honour the terms and dates of this contract.

SIGNATURE · DATE

CO-SIGNATURE (OPTIONAL)

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You have taken a powerful step

Signing this contract is an act of self-respect.
Return to it often. Let it remind you of the person you are becoming.
Be patient. Be consistent. Be proud of every small step.

Remember

You do not have to be perfect. You only have to keep showing up for yourself.



MEET THE COACH

Nat Scott

Wellbeing & Empowerment Coach

I'm Nat, the founder of Nurturing Strengths — a platform dedicated to enhancing your wellbeing and empowering you to live your best life.

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